

BRIDGES

WEDNESDAY, AUGUST 5, 2015

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Tips from the author of *The Canning Kitchen* **P. 12**

A STARPHOENIX COMMUNITY NEWSPAPER



INCH BY INCH ROW BY ROW

A LOOK AT WHAT MAKES
OUR FARMERS' MARKET GROW

P. 4

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Academy and Union Companies

READ MY BOOK

LOCAL AUTHORS: Writers tell us what makes their book worth reading

WENDY FEHR

Shifters: Horizons plays with time

What would you do if you had an hour made of every minute or a month made of three days? What would happen if extra worlds existed in those other than our own and more interestingly what would happen if those worlds collided with ours? These are the types of questions I was thinking about as I embarked on the writing of Shifters.

Shifters: Horizons is the first of three books in the series. It is the tale of Elly, a mostly twenty-something whose normal manifestations have her determined to keep her cold behaviour to herself. However, Elly's plans change when she meets Elian, who has been sent from another layer of time to prevent her future.



Wendy Fehr

Elly Elsens has to live with a fixed concept of time. She thinks herself pursued by an enemy who intends to use Elly's talent for predicting things against the very people protecting her but because

neat accident her doubts, free her fears and she is at an impossible task to keep order to everyone's world and the people she loves.

I initially began writing Shifters for my four children. Myself made up stories to pass the time while we waited somewhere for someone or something. I would ask my children

to name a character and a setting to work with her to make a story come to life using their imagination.

It was when my oldest daughter complained that there were "no good books" for someone her age that I decided to challenge her preception with a story mixing my surreal ideas about time. I added a touch of what I could remember from my own weirdly strange courses and threw in some interesting characters and concepts. I kept the settings familiar. I wanted the reader (my daughter specifically) to feel as though they could simply step into the tale — if it might, just perhaps, be there then.

The story grew and evolved over several years, becoming our family project and earning its place finally last year. I wrote, my daughter critiqued, my son developed the artwork and my husband edited ideas were discussed and the plot evolved until we arrived at the finished product.

Shifters: Horizons can be purchased at McWayne Bookellers or SaskBooks. It can also be found online at the Author's site.

www.mckaynesbooks.ca/03-9887530005

Kids store bookshops can be found online at www.saskbooks.ca/childrens-fiction

Adults: <http://tinyurl.com/y7q4q3>

For further information contact

Shifters

Horizons



Wendy Fehr

my website at www.shiftershorizons.ca where you will find book excerpts, links and contact information. You will find me on Twitter (@wendyfehr) and on Facebook at www.facebook.com/shiftershorizons.



Palliative Care Services Walk of Memories



Everyone is invited to participate in the Walk of Memories to remember loved ones and support Palliative Care Services.



St. Paul's Hospital

*There is no cost to participate.
Shuttle service is available between sites.*



Sunday, August 16th
Gathering time - 1:30 p.m.
Walk begins at - 2:00 p.m.
Refreshments - 3:00 p.m.
Start: Kiwanis Memorial Park Band Shell (Spadina & 20th St.) and walking to the
End: W.A. Edwards Family Centre (333 4th Ave. N.)
(Parking provided at Saskatoon Funeral Home)

For more information about the Walk of Memories please call 655-4346.

Please contact Prairie Connection Living Events Inc.

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Nuts About Nature At Beaver Creek Conservation Area

Hi kids! My name's Chip, and I live at Beaver Creek Conservation Area. Visit my backyard with your family and friends and enjoy some time away from the city.

Dear Chip,
Are there bears at Beaver Creek?

Gillian

We do not have "bears" at Beaver Creek, but instead we have cool creatures called a wolverine bear or terdigrade. Wolverines are tiny microscope creatures with eight legs that live in insects, lichen and on hawkweed plants which they eat. Scientists guess that the nickname wolverine bear is due to their small, round bodies and cute appearance. The most remarkable thing about wolverines are their ability to survive in extreme cold temperatures. They can survive in both hot and sub-zero temperatures. They can even survive in the complete opposite extremes of outer space! You might be asking yourself how can they possibly do this without being a superhero? Wolverines have the ability to go into what scientists call cryoprotectants, which means they stop eating, moving and breathing, but are still able to remain alive. It's kind of like hibernation, but while in cryoprotectants wolverines can survive some of the most extreme conditions imaginable for long periods of time. They are also one of the most easy-going animals because they are cool with living just about everywhere. Send your questions to me at the address below, then watch Bridges for the answers.

Your pal, Chip

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Asked what defines her style, Chelsea Aspinwall says: 'Fashion trends and confidence.' **PHOTO BY LIAM RICHARDS**

BRIDGES COVER PHOTO BY LIAM RICHARDS

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ON THE COVER

I really can't believe it has been 40 years since we started this. — Audrey Sumpkins

SASKATOON FARMERS' MARKET

From humble beginnings to a fixture in city

By Sean Trembath

The Sumpkins family story is intertwined with the four-decade history of the Saskatoon Farmers' Market.

"I really can't believe it has been 40 years since we started this. It sort of blows my mind actually," Audrey Sumpkins says.

A lot has changed in that time. What started on the roof of the old Goep building moved to City Hall and many other spots around town before settling at the current, permanent location. The first markets were all farmers, but now not every vendor is a producer.

Some other farm families claims have stayed the same. Audrey still sees the same spirit that drove her husband George and all the other original members to start the market. The vendors know each other and work together.

"Most of the producers I appreciate. If we're not going to be here with potatoes next market, we tell the other producers, and they'll bring more," she says.

George died last year and Audrey is well past the age many choose to retire, but the family isn't going anywhere. Audrey's children, Diana, Jennifer and Robert are now taking the business offering fresh produce twice a week.

Just a few miles away, her sister-in-law Janice Sumpkins has her own booth. There are 40 years of the market running in their blood, and a family tradition going back even farther.

George Sumpkins' grandparents' householded in 1906 and immediately started growing vegetables to sell in Saskatoon. The trade was passed down to George's father, then George and his brothers.

In 1975, they were all founding members of what is now the Saskatoon Farmers' Market. It was briefly called the Toad Lane Farmers Market. Audrey says after a kitchen renovation founded as England in the 1940s.



Janice Sumpkins remembers the first day the Saskatoon Farmers' Market opened in 1975. (PHOTO BY LAMIA RICHARDS)

One thing dad always used to say is that diversity is really the key. The more different stuff you have, the more of a draw you are — Dixon Simpkins

The original location, an tap of the Co-op got rented out several times, Audrey says, prompting a move to behind City Hall.

Jeanne remembers that first year as a busy one.

"It was kind of new so the customers it was like a farm," she says.

"One time we came with cash turnover. We didn't even have time to get the scale out. People were just grabbing it and taking their meat."

The organization had 100 members in 1973 and grew steadily by 1979 there were 200, although not all were active, according to Audrey. They moved to the front of City Hall, across from the library in 1980. Through the years members would set up satellite markets around town to supplement the main offering.



Jeanne Simpkins (from left), Dixon Simpkins, Audrey Simpkins and Dick Simpkins at the Farmers' Market in the Santa Feon Farmers' Market. (PHOTO BY JEFFREY MCKEE/WJL)

The move to the current location is a defining feature of Riverfront's cause in 2007. They had planned to be in by September 2006, but building delays slowed the process.

"There's a sense of excitement plus a sense of relief that we've finally come," Pot Gifford, the president of the market's board at the time, told the StarPhoenix just days before the grand opening in May 2007.

The transition wasn't perfect. Some customers weren't as comfort able with Riverfront.

"When we first moved here a lot of the older clientele didn't come down," Jeanne says.

There was also a lot of work being done in the area at the time.

"The biggest problem was there was so much construction here. They blocked streets off and had big piles of dirt blocking everywhere," Audrey says.

That shorthanded appearance has led to some laughters from Gifford and development in the neighborhood had started attractives about the area.

"Now that it's done, it looks pretty good and it does help bring people down," Dixon, one of Audrey's sons, says.

Even when surrounded by one direction, there were some unmet needs. A permanent market in certain was a failure during the colder months.

"For the winter markets it made a tremendous difference. They're trying to figure out where they were anywhere else," she says.

While the expansion aspect of the original market sessions, Audrey says the clientele has shifted.

"I think it's a different generation we're dealing with now," she says. "It's more rushed and in a hurry. Everyone wants to be waited-in 10 minutes ago."

Some customers, especially the young and urban, have wastewater tanks about where produce comes from.

"A lot of them don't realize we produce our own stuff. You can't come on the first of May and expect corn, or whatever," Audrey says.

A societal shift toward fresh, clean, unprocessed eating has been helpful. People are concerned about how their vegetables are grown and what's in them. It's good for business, even if it has led to a few funny conversations.

"A lot of people are confused about it. They look if the carrots are glazed over. That doesn't really make sense," Audrey says.

At the same time, such interactions provide learning opportunities and a chance to build rapport with buyers.

"This market would be dead if it wasn't for the customers who come every week," she says.

Continued on page 6



LARGE SQUASHES AND OTHER PRODUCE FOR CUSTOMERS AT THE FARMERS' MARKET IN NWK. (PHOTO BY JEFFREY MCKEE/WJL)

It was kind of new, so the customers, it was like a frenzy. One time we came with cauliflower. We didn't even have time to get the scale out. People were just grabbing it and asking how much. — Joanne Simpkins



There is a social atmosphere to the farmer's market, says Audrey Simpkins. BRIDES PHOTO BY LIAM RICHARDSON

There's a social atmosphere in the place," Audrey says she will see people hanging around for hours visiting, drinking coffee and getting to know the vendors.

On Sundays when purchases from the store is slower,

"Skandia arranges one of the old market. Customers seem more involved," she says.

Keeping up with trends is a big part of staying successful. The Simpkins have adjusted their growing to go along with demand. Carrots and potatoes used to be big sellers. Now carrots top the list.

"If people don't want to pay what we have to make to survive, then we just grow less and concentrate more on the size," Audrey says.

They also try new things, with various degrees of success. They dabbled at kale but never had any success. On the other hand, Japanese squash becomes a popular item.

"One thing that always needs to say is that diversity is really the key. The more different stuff you have, the more of a draw you are," Braam says.

Braam has spent his life at the market. Audrey remembers him at two years old, playing with toy cars underneath the table.

He earned an engineering degree, but later decided to take his proper place in the Simpkins lineage, growing and selling vegetables like the three generations before him.

"You're not sitting at a desk work-

ing or a computer. You're outside doing stuff," he says.

Audrey says he thinks about the history of the market — and his dad's place in it — a lot.

"In my retellings with the board and other members, I always try to remind people where we came from and the philosophy behind the market," he says.

The whole Riversdale development thing is changing people's minds about this area.
It's becoming the place to be. — Dixon Simpkins

It's an exciting time in the neighbourhood. With new businesses opening, and condo developments set to bring more population density, the market is set to benefit greatly.

"The whole Riversdale development thing is changing people's minds about this area. It's becoming the place to be," Dixon says.

He can't say what exactly the future holds. He and his siblings will keep growing and selling their vegetables. They'll try to keep up with whatever the crowds demand.

As the city changes, they'll change with it.

Whatever happens, Audrey is happy to have been part of 40 years of Saskatoon history.

"The farmstand market has been great to us,"

www.simpkinsgarden.ca

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Facebook.com/SimpkinGardens

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The Simpkins booth at the Saskatoon Farmers' Market. The family cultivate dragon and soil vegetables, and will be talking up with the demands of customers. BRIANNA

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Our goal has been to provide the farmer or local business with a large customer base so they can grow the connection between local producer and local consumer. — Chris Dunlop

COMMUNITY FARMERS' MARKET OF SASKATOON

Fresh goods, easy access to market

By Sean Trembath

When the Saskatoon Farmers' Market moved to its permanent location in Riversdale, some of the producers wanted to keep offering their wares in other locations around town. They started their own organization, and eight years later the Community Farmers' Market of Saskatoon is still going strong.

"We like to brand ourselves as community minded and local. We try to go out to the public and offer them more convenient way of getting to us," says Chris Dunlop, the group's president.

The market has about 30 members who offer a variety of vegetables, meat, baked goods and baked items.

"Our goal has been to provide the farmer or local business with a large customer base so they can grow the connection between local producer and local consumer," says Dunlop, who runs a booth with his wife, Jeanne.

Christine Brinkland and her husband, who grow near Outlook and sell under the name Spring Creek Gardens, know both of both farmers' markets. There are a lot of similarities, but the community market is a bit more popular among an older clientele, she says.

"I find that market is a little friendlier to elderly people because there's parking right here."

Education has seen a big increase in Saskatoon in the last three years.

"The eat local really blew up and the city has been growing."

Kristen Houghes is one of the community market's main success stories. She was just a teenager when the market was founded in 2007. She has grown her business, Kristen's Homestead Patisserie, into her main source of income.

Houghes also sells downtown, and says the smaller nature of the community market is what draws a lot of the regular customers. "It's the convenience of it. They can come get their stuff and leave in 10 minutes."

Roslyn Denevan and her friends like the easy access available at the community market.



Chris and Jeanne Dunlop serve a customer at their booth at the Community Farmers' Market of Saskatoon. BRIDES PHOTO BY LUAN BIEKOVIC

It's the convenience of it. They can come set their stuff and leave in 10 minutes.

—Kristen Henfner

"The parking is bad downtown and the driving is bad downtown," she

Dunlap says the biggest challenge has been letting people know there is an alternative market in the city. Given those odds, that effort seems set.

"They're surprised, and once they know about it they become regular

In providing the alternative, the community market is giving another way for people to support local growers and the environment.

"The most important thing is that 100 per cent of the money customers spend in the market stays in the local economy". Therefore says

Community Farmers' Market of Saskatoon runs Tuesday and Friday at the Lansdowne Drugs on Eighth Street and Thursday at the Tracy Mart on 3rd Street.

elmeredéshez köthetően



Chris and Amanda Gueffroy say their business, *Amber's Kitchen*, has had to scale back operations to support local growers and other community businesses. PHOTO BY LIAM DODD-HARRIS

BREAKING NEWS
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FASHION

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STYLE

Dressing down and dressing up

By Sean Trembath

Cheeka Kaptein is free-spirited about her fashion style.

"I usually just have a room full of things and throw them together. There's no one specific way of dressing," she says.

Her job as a hairdresser in Saskatoon is a hazard to clothing.

"There's certain clothes I can't wear to work, because they get dirty and full of colour. I get colour on everything," Kaptein said.

As a result, she takes days off as an opportunity to relax and wear the things she can't wear to work. Kaptein shows off two outfits — one for a casual summer day and one she would wear out for a night off. When asked what themes drive her style, she has a simple two-part answer:

"Fashion friends and confidence."

Kaptein says casual outfit is the type of thing she likes to wear on a summer day off. It is a chance for her to go more casual than she can at work.

"Just going out, shopping and doing errands," she says.

1 TOP: La Senza. "It's actually my second one. I had my other one for years. I wear it all the time so I found another one. It's really versatile."

2 NECKLACE: Aldo. "I tend to over-think with a lot of things because they're very plain, so they're versatile for dressy or not."

3 SHORTS: St. Bar

4 SHOES: Converse. "They're comfy but fashionable. I'll never wear them to work. They'd be black and full of colour in a Google interview."

5 HAIR: "Done by my cousin. I get them done every three weeks. Usually a pink variety."

6 WATCH: Michael Kors. "I bought it in Phoenix. I tend to buy all my Michael Kors watches there because they're a bit cheaper and there's more selection."

7 EARRINGS: Hillberg and Berk. "The lady was on *Urgo*. Last time we won on *Desert's Edge* and now she's a basket case at *Reyna*. I have three different colours of the same earring."



When getting ready to go out on the town, Kaptein still mixes and matches but buys up the formula a few notches. "Usually something a little bit handier, a little bit more feminine," she says.

8 JUMPER: Old Navy
"I just got it a few weeks ago. I like it because it's comfy and you can dress it up or dress it down. I tend to wear it at home, but if I need to go somewhere I can wear it to work or I can wear it out."

9 SHOES: Winners
— "They're very comfortable and quite neutral so I wear them a lot."



ON THE SCENE

POTASHCORP FRINGE FESTIVAL

The PotashCorp Fringe Festival is back on Broadway. The annual event attracts thousands to the festival site, and live bands play at nearby venues. Plus, Broadway closes evenings and weekends to make room for buskers, performers and vendors. There are food trucks and an international market! The Fringe wraps up Saturday.

BRIDGES PHOTOS BY LIAM RICHARDS



1. Jamie Missaglia performs at Broadway Avenue and 10th Street.

2. Noora Muriel, Maria Lemmerling and Tom Blotzoff

3. Kristen Russell and Aaron Kerecule

4. Ken Kavan and Kristen Bruce

5. Bianca Lomax and Katelyn Toplak

6. Jeff Alvarez and Isabelle Ziebarth

7. Ed Mendez and Matt Huan

8. Seize Kain

9. Lauren Tee and Mel Langeler

10. Andre Pritchepson



FOOD

25 SUMMER CANNING

Author wrote the book on canning

By Renée Kahlmann

I first met Amy Briner almost three years ago in the small airport in Wenatchee, Wash. Both of us had been in on a media tour sponsored by the US-Organic Trade Commission and we couldn't believe our lucky stars that we were seeing such a beautiful part of North America on someone else's dime.

During one of those days on Sept 10 when we wandered orchards, apple packing plants and Pike Place Market together, heading over our love of Constance Howell and good coffee I remember watching Amy there in her element when we were given a previewing lesson at a Whole Foods in Seattle. This woman clearly loved her job. Her passion for preserves was palpable. I had as much time then that she would one day write a book about it! And she's done just that! The Canning Kitchen was released at early June by Penguin Random and it already is a must-read best-seller. Clearly this country loves canning, too!

I've managed only a few hours at my life... I make a mean apple butter for... and while it takes a little time, I'm always pleased with the results. Anya's beautiful book has me wanting to do more of it than summer and fall, while publication is at its peak. Whether you are new to the world of canning your own food, or an seasoned pro you'll find lots of delicious recipes and helpful tips in *The Canning Kitchen*. Anya goes through the type of equipment you need and has written a step-by-step checklist to safely preserve each recipe. This is useful to someone like me who knows a little, but not a lot, about canning.

All 160+ mouthwatering small batch recipes, from jams and jellies to chutneys and puddings are beautifully photographed by Lucy Lierke. Each spread includes the tradition of canning with a twist of a modern spin. I'm inspired to hear the pop pop pop on my counter later this summer and if you're a canner, you know what I'm talking about.



ton and got a deal of a deal—a gigantic canner and 12 quart jars all in great condition for just \$1. I think I'm going to doles the purchases with peaches I'm roasting a little over the recipe for Country Teacher Cobbler Topping because tasting that sort of summer in the deep dark depths of winter.

Garlic Rosemary

Apple Jello

Any remnant had a look similar to Salsichette at Noddy's Biscuitworks, and I was fortunate to have her as my house guest. She whipped up a batch of this Buttercrunch Apple Jelly as we baked green tomatoes, and made it look as if you step into heaven when it comes out of the oven! I like to serve it on toast or biscuits, but I also like to eat it right out of the hand. I always have some in the freezer for those days when I'm too busy to cook. It's delicious with grits, biscuits and gravy, or even as a dessert with whipped cream or ice cream. I usually add a few dashes of cinnamon to the apples before I cook them, but you can leave it out if you prefer.



[Graphic Resources](#) [Academic Graphics](#) contains a large set of images and files designed for use in academic projects.

Comments

under cool running water. Chop into chunks, washing the potato with skins, seeds, cores and place in a large heavy-bottomed pot. Pour in the water. Bring to a boil over high heat. Reduce heat to medium, cover and continue cooking for 30 minutes, until mashing, stirring occasionally. Scoop hot apple mixture into a jelly bag or a coander lined with a double layer of cheesecloth. Squeeze it dry, wrapped over a large bowl. Let it drain until yes have 1½ lb (675 g) pulp. (This can take a few hours.) Pour pulp onto lined plates. Set in a single layer. Cover and refrigerate overnight.

at heat. Mix until stirring frequency drops. Remove from heat. Pour into two Loaf (13x9x2) pans, level topspace. Put in oven and place it over for 15 minutes before baking when preheated. Remove from oven after 15 minutes. Let cool in pan for 10 minutes. Turn out onto wire racks to cool completely. Wrap in plastic wrap and store in refrigerator.

watch heat current carried by steel
20 cm (8 inch) heating water. Cover
bottom and prevent for 30 minutes.
Start stirring when water in center
returns to full boil. When pressure
is up to 15 psi, turn off the heat and
remove lid. Leave pot on burner for
3-4 more minutes. Remove pressure
jar from burner and leave loose for
12 to 18 hours. Do not tighten screw
bands; pots are sealing. Gently wash
each fully cooked, good smelling
sauerkraut to check for a sauerkraut
if centre of lat is unchanged, remove
lid and fully smell. Makes 3 litres (10
cups) jars.

CROSSWORD

NEW YORK TIMES *Created by Will Shortz*

ACROSS

1 **NEEDS** (2, 6) **Alcohol**
inhaler; philosopher
and author; *Aladdin's*
cystic fibrosis relays

3 **Held one**, **sophomore**

5 **WRESTLE** (6, 8) **Issue**
learner in the litter?

14 **Class** **Stimulus** (6)

15 **I** **Amn** (—)

16 **Observe** on
—'s (7, 6) **Jubilee**
(armistice day)

17 **Habitat** (6)

18 **Double** (6)

19 **Wander** (6)

20 **Turns** **Acres** (6)

21 **Flannel** **Handkerchief** (6)

22 **Speculator** **Bremers** (6)

23 **Mandarin** (6)

24 **Man** **Introducer** **Clown** (6)

25 **Posterior** **Sister** (6)

26 **Order** **To attack** (6)

27 **Sett** **Surface** (6)

28 **First name** at
Unacadem (6)

29 **Observe** **Competitor** **Net**
(6, 6, 6)

30 **Hermit** (6)

31 **Number** **of steps** **face** (6)

32 **Clothing** **cooler** **style** (6)

33 **Strength** **and** **weakness** (6)

34 **Food** **water** **air** **heat** **light** **sound** (6)

35 **Arabian** (6)

36 **Line** **calculus** (6)

37 **Court** **case** (6)

38 **TW** **over-supported**
at a stroke **spoke** **hit**
him? (6)

39 **Capay** (6, 6)

40 **Shrub** (6, 6)

41 **Online** **post** **platform** (6)

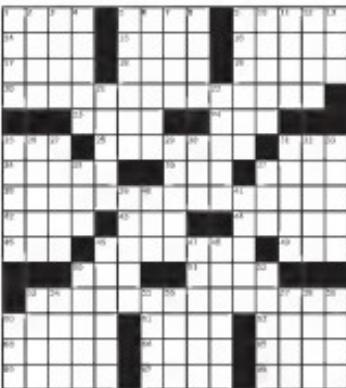
42 **Online** **post** **market** (6)

43 **Such** **exhale** (6)

44 **Beats** **protecting** **edge** (6)

45 **Copied** **Laurie**
Song (6, 6)

46 **See** **9 Across** (6)



PLATEAU BY PAUL WILLETT

DOWN

1 **Planned** **Reserve** (6)

2 **Wishes** **Revised** (6)

3 **Yours** (6)

4 **Hold** **case** (6)

5 **Counts** **carefully** (6)

6 **Volunteers** **as** **agent** (6)

7 **Free** **things** **easy** **stuff** (6)

8 **Wishes** **handed** (6)

9 **Wine** **glass** (6)

10 **Followed** **as** **suspect** (6)

11 **Used** **as** **cover** (6)

12 **Cups** **red** (6)

13 **G** (6)

18 **Start** **to** **plant** (6)

20 **Kindred** **States** (6)

22 **The** **Adolesc** **son** (6)

25 **me** **lived** **ad** (6)

27 **Features** **of** **many** **birds** (6)

29 **Geopol** **group** (6)

30 **Anti** **cost** (6)

31 **Precise** **need** (6)

32 **Cardinal** **Heads** (6)

33 **Copy** **that** **printed** **in** **itself** (6)

35 **Copy** **with** **different** **features** (6)

37 **Here** **he** **admits** **it** (6)

38 **Anti** **body** (6)

39 **Deplete** **in** **them** (6)

JANRIO
CLASSIC
SUDOKU

Levels: Beginner

Fit in the digits 1-9, using numbers 1-9 in each number cell, so that each digit occurs in each row, column and 3x3 block. Use logic and process of elimination to solve the puzzle.

The difficulty levels range from Beginner (easiest) to Gold (hardest).

4	8	7	6	3				
5		2		9				
7		6	5		1			
2			8					
9	6	4	7	2				
8	2			5				
8	4	6		5				
4		8			6			
6	3	7	2					

Solutions to the
crossword and Sudoku can be
found on Page B2.

ASK ELLIE

Daughter doesn't need pre-wedding drama

Q My boyfriend and I ended our 10-month relationship.

It wasn't always easy, but we were happy. We met each other's friends, we went on trips and dates — we were in love.

I had bouts of depression and eating disorder, but he struggled with anxiety and panic disorder, but we supported each other.

But several months ago, his anxiety was bad, he had quit work. He was having panic attacks and was off work because of anxiety, but he went out.

I researched anxiety and other disorders, and sought help from local support groups. A few weeks ago, he said he couldn't do it anymore, that relationship was too strenuous on him.

He was afraid he was hurting me. I tried to let him go.

He said he did not want to fail because we don't know how long recovery would take or what he'd be like once on medication.

Do I put off our breakup until we can focus on getting him help?

He said I should end him if I'm having a hard time — I took my boyfriend's message back, but wouldn't I then have his recovery process? How often can I trust him without making him anxious?

Still Very Caring

At Do what he asked — give him the space to try and recover.

It means emotional contact only.

He was glad to say he wants to know when you're having difficulty doing that or is counterproductive to his dealing with anxiety or panic.

Send a personal note (less intrusive than an email) — he can open it when he feels like it) that's positive and encouraging about him without mentioning your own situation.

Let him take care of himself. Reach out to family and friends to combat dwelling on this separation.

There's a valid reason for it based on our enough to know he needs professional help and a focus on himself.

Q My mother's very difficult. Her behavior's alienated my brother, sister-in-law and my other siblings.

My mother's most recent was there was a glass in place so that she wouldn't disrupt the wedding or upset guests.

My daughter now refuses to invite my mother to her wedding.

Her fiancé and family, plus her co-

her only wants people she loves and who love her unconditionally, whereas my mother

Ask Ellie



has been totally unsupportive of her and her relationship for years.

My mother's the only family member not invited.

When the couple recently told her she was invited, my mother responded by telling the couple to leave.

My husband very **big** supported my daughter and her decision, as well as I do. I know what to do to make this situation better.

Pre-Wedding Drama

At The damage was done before things got to the like of a *hunting* *dog* *attack* between the two families.

However, there's one chance that a window of opportunity still exists for the wedding.

Call your mother that she wants to be an ally. Tell her, the next time the couple apologize for their past negativity toward both of them. And say that she loves her granddaughter and makes them both a happy marriage.

For your daughter, that if this happens, she's in her position enough to sweep the apology if it's clear the air for the whole family's best interest (for appearance's sake too at the wedding).

If one or neither is willing, that's a shame.

COMMENTARY: "A woman, 32, wrote you that she was being used by her boyfriend. I believe men often feel the same way."

Another woman wrote that because her boyfriend hadn't proposed yet, she was deriving if she should dump him — though he's a great guy and there were no relationship problems.

"I feel like my girlfriend, 34, made my feel sick and belittled me — I wanted to make it stop. Four months later I learned that she was cheating and blamed me for it."

One other girlfriend demanded that I get a vacation. When I refused, she flipped out.

"I feel that women don't deserve a guy if they don't respect him," she said.

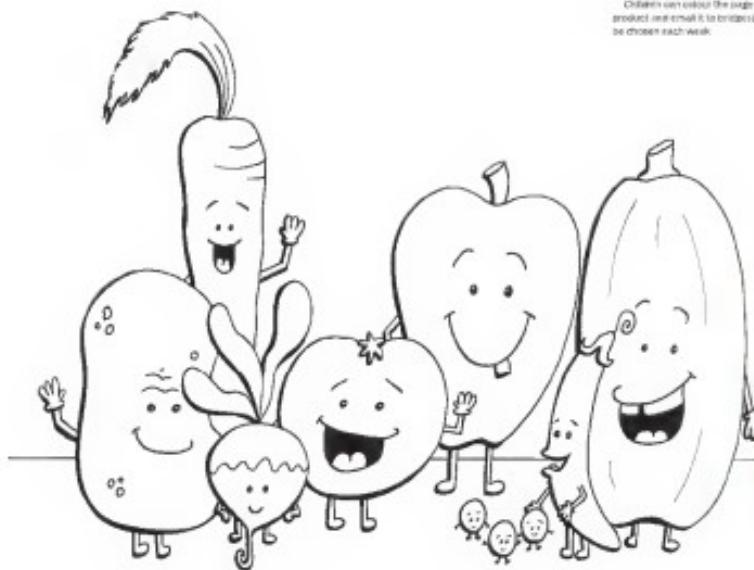
"As a man, I've found that some women forget that less respect, trust, commitment, and all those other healthy things in a relationship must be a two-way street."

OUTSIDE THE LINES

* Colouring contest

Each week Stephen McKay creates a timely illustration meant to amuse kids (at all ages).

Children can colour the page, have a picture taken with the finished product and email it to kids@theisphoenix.com. One winner will be chosen each week.

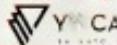


Last week's contest winner is
Miladene Petzak.
Thanks to everyone who
submitted entries.



Social Good parties are mini fundraisers organized by YOU!

- 1 Pick a date for your Social Good party
- 2 Go to www.CanadaHelps.org and create a fundraiser
- 3 Tell all your friends!



Social Good

Help create a Saskatoon without violence, homelessness, or poverty. www.ywcasaskatoon.com (306) 244-7034 ext 122

EVENTS

MUSIC

Wednesday, Aug. 6

Jordan Webourne
Buds on Broadway
817 Broadway Ave.

Antiquelet & Red Glowing w/ Roger Maronius and Plaza Silks
Vangogh Tavern,
801 Broadway Ave.

Joe Nolan
Capital Music Club
36A First Ave. N

Kelly Reed
Piggy's Pub and Grill,
1403 1/2 Broadway Dr. N

Danica Oliver and Edith Wall
Village Galleria & Arms,
432 1/2 St. W.

Thursday, Aug. 7

Memo and Freight Train
Cracker Restaurant & Lounge,
1-222 PittHouse Dr.

Chorus
Buds on Broadway,
817 Broadway Ave.

Ricky Skaggs w/ Kentucky Thunder
Defora Dunes Casino,
204 Defora Dunes Wex. Whitecap

The Casualties
Angeus Cantina,
806 Dufferin Ave.

Tank, The Avatars and Wizards
Vangogh Tavern,
817 Broadway Ave.

More Without Name
Buds on Broadway,
817 Broadway Ave.

Defaceoff
Army & Navy Club,
309 First Ave. N

William and the Shadows
Fairfield Senior Citizens' Centre,
103 Fairmount St.
Zellos Blenders



Taking shelter by Kathryn Thompson is on display at The Gallery at Phoenix Accademia-Central Library.

McCarthy Robinson,
2300 Eighth St. E.

The Department Heads w/ Old Town

Capital Music Club,
264 First Ave. N

Krazy Madness
Piggy's Pub and Grill,
1403 1/2 Broadway Dr. N

Bands in Heavenmore w/ Bomberz
and Quiltie Heaveness

Angeus Cantina,
806 Dufferin Ave.

Reindeer
O'Briens Event Centre,
361 Second Ave. S

Marlene Haskins
Village Galleria & Arms,
432 1/2 St. W.

Rein, Aug. 8

Fear of Knaving
Buds on Broadway,
817 Broadway Ave.

Dittrichoff
Army & Navy Club,
259 First Ave. N

The Rhythmatists

Downtown Legion,
1010 Spadina Crit. 10

Hettie Struck and Ryan Lethbridge
McMally Robinson,
3100 Eighth St. E.

BOOMing w/ Doctor Booby Oliver
and Sonomic

Angeus Cantina,
806 Dufferin Ave

Prove Yourself! Hip Hop Showdown
O'Briens Event Centre,
241 Second Ave. S

Krazy Madness
Piggy's Pub and Grill,
1403 1/2 Broadway Dr. N

Elin, Aug. 9

Acoustic Jam
Buds on Broadway,
817 Broadway Ave.

What you need to know to plan your week.
Send events to bridges@thestarphoenix.com

galaxy two:

Western Development Museum
Until Aug. 9 at 2010 Lorne Ave.
Feed by Mindy Van Millet.

Hard Wave Gallery
Until Aug. 9 at 4009 Third Ave. In
Meachem Field Study, a ceramic
sculpture exhibition by Anita
Macman.

The Gallery at Phoenix Accademia-Central Library
Until Aug. 13 at 211 23rd St. E. Life
Near the skies by Kathryn Thompson.

SGYAP Art Gallery

Until Aug. 14 at 2003 Third Ave. S. A
collection of thoughts, artwork by
U of S students Reeme Palson.

Home Art Supply

Until Aug. 15 at 1811 Lorne Ave. The
Art of Potash, works by James M.
Chew.

Black Spruce Gallery

Until Aug. 15 at Highway 10 North,
south of Innisfail Lake.Christopher
Lake turnoff. Works by Jennifer
Spencie, Dempsey Klettie, Angie
Morgan, Cheryl Tuck-Tallan, Cam
Farnier and Greg Houghtaling.

The Gallery Art Placement

Until Aug. 30 at 2003 Third Ave. S.
Abstract Abstract, works by a new
generation of local abstract art-
ists...—

St. Thomas More Gallery

Until Aug. 27 at 1427 college
or separated by Marlene Martin and
Cathy Miller.

Eye Gallery

Until Aug. 28 at 1103-1105 College
Dr. Eye's Works by Brian Beasley,
Carol Danella, Marlene Martin,
Quinn McDonald, John Penet, Jen-
nif Fluehr, Trish Thomas, Karen
Walpole and Ivan Zane.

Station Arts Centre, Roosters
Until Aug. 30 at 701 Railway St.,
Roosters. A Retrospective by
Kathy Timsease.

More events on page 18

EVENTS

Market Mall Playland Art Gallery

Until Aug. 31 at Market Mall, 3220 Preston Ave. The Blessings of Nature, artwork by students of St. Geretti School.

Gallery 1018

Until Aug. 31 at 618 10th St. E. A collaboration of works by Saskatoon artist Lynne Gilchrist.

Wheatgrass Studio & Art Gallery

Until Aug. 31 at 308 Spadina Cres. W. Artworks by Emily Gao, a Canadian artist living and painting at the same time at the Famous Group of Seven. A Peaceful Meditation garden out front features Emily's artwork.

Ukrainian Museum of Canada

Until Aug. 31 at 910 Sperling Cres. E. Kubas House by photographer Ludmila Durny and Katta Krasa.

Huron Halland District Museum and Gallery
Until Sept. 15 at 651 Main St., Humboldt. Local Perspectives with Meaghan Moorsma: Gang; Canadian Paint Jugs by Bonnie Gammie and Paul Updike and Storybooks by Evelyn Corley.

Handmade House Showcases

Until Sept. 26 at 710 Broadway Ave. Handmade and wooden bowls by Linda Fugger.

Urban Genome XI

Starting in September, Monday to Friday, 10 a.m. to 8 p.m. presented by ACTV/P Bakery & 39-week employment readiness art program for youth ages 16-30 who have artistic talent and face multiple barriers to employment. Providing training and life skills, personal development coaching, empowerment and innovative leadership training. To apply call 306-632-7760 or email urban.genome@gsat.ca.

Bellary on the Green

Until Oct. 12 at Market Mall, 3220 Preston Ave. Quality measures, a bank term deposit incentive.

Western Development Mission

Until Dec. 6 at 2610 Lorne Ave., Canada, Day 1, Room 100. Stories of the Mission of Immigration at Pier 21. Explore immigrants' diverse personal Day experiences, from Confederation to present day.

FAMILY

Shows and Stories

Wednesday, 10 a.m. at Centre Cinemas in The Centre. Choice of two movies each week: a baby-friendly entertainment with live music, colouring, a colouring table, a charging table and stroller parking in select theatres.

C.P.'s Classics and Play

Daily, 10 a.m. to 6 p.m. In Bay 4 of 609 South Railway St. W. In Warman. Seakutzhevans newest indoor playground. For children up to age 12 visit seakutzhevans.com or their Facebook page.

Fun Factory Indoor Playground

Daily at 1830C Quail Ave. A 4,000 sq. ft. indoor playground for young children, adults and children under one year are free. There is a separate fenced in area for children under two.

Children's Play Centre

Daily at Lawson Heights Mall. A fun, safe, environment for preschool children to play. Please note this is an un supervised play area, and adults must stay with and supervise children at all times.

Market Mall Children's Play Centre

Daily just off the foodcourt at Market Mall. This play area is free and has different level slides. Children must wear socks in the play area.

Kids Bowl Free

Daily until Aug. 31 at Hartman's Bowling Centre, Kaufman Street, 2020 Louise St., and Kasthause Bowl, 3101 23rd St. W. Kids ages 18 and under can bowl two free games each day for the summer. Must be preregistered. Register at kidsbowlfree.com/cf.

Parent and Toddler Yoga

Thursdays, 9:30 a.m. to 10:30 a.m., Janice Saturdays, 10:30 a.m. to 11:15 a.m., Yogs 2-3½ Third Ave. S. Classes taught by Nine Zandi for parents and their toddlers ages one to five. Introduce your toddler to the world of yoga. Classes include poses, postures, meditation, movement, play and more. Classes are six weeks. Register at freedomfromwithin.yoga/greatlakes, 306-381-8823.

Breastfeeding Café

Thursdays, 10 a.m. to 11:30 a.m., at Werwinkels Primary Health-Centre, 331 Franklin Dr. A drop-in support group for breastfeeding women. Sessions will be facilitated by a lactation consultant with other educational presentation, and time for interaction with the other mothers.

Shop 'n' Snack

Fridays, 9:30 a.m. to 10:30 a.m. in front of Customer Service at the Met in Lawson Heights. Classes consist of power-walking, body-stretching moves using exercise tubing and a socializing for parents and babies. Pre-registration at runwithusandbabies@gmail.com. No classes on stat holidays.

OF THE VILLE CHAMPS HAVE PLAYERS ON DEFENSIVE, TA
SPORTS
Saskatchewan's sports at starphoenix.com/sports

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EVENTS

Cowgirl Camp

Until Aug. 8, 10 a.m.-1 p.m., at West Pointe Patterns, 6-310 Eighth St. E. For ages eight and up. Cowgirl camp using different mediums. Pack a lunch. Register at 306-323-3279, westpointepatterns.com.

Kid Yoga Classes

Ages five to 10 on Saturdays, 10:30 a.m., at 1235 14th St. Indoor classes ages five to 12 on Mondays, 10:15 a.m. to 11 a.m., at YogaLife, 2-18 Third Ave. S. Classes taught by Nine Zandi. Helps kids regulate emotions, find focus, relaxes, self-awareness and inner fulfillment. Physically helps with balance, strength, flexibility, coordination and body awareness. Classes are six weeks. Register at freewheelholyayoga@gmail.com.

Fremont Partner Workshops: Yoga for Childbirth

Saturday, 1 p.m. to 4 p.m., at Ninth Rhythms, 244 1/2 Third Ave. S. Instructed by Nine Zandi. Learn various tools and techniques to help you through labour and delivery. No previous yoga experience is required. Classes are six weeks. Register at fremont-holistic@gmail.com, 306-366-3653.

Plaster Ganesha

Ags. 9, 10, 15 and 16, 2:22 and 2:33, 29 and 30, 11 a.m. to 3:30 p.m., at Meewasin Valley Centre. Drop-in activities for all ages. Playgymnastics, throw the old days, including jacks, crokinole and pick-up sticks. Make your own version of an old-fashioned toy to take home.

Plaster Crafts

Ags. 9, 10, 11 p.m.-4 a.m., at the Main Residence, 336 1/2 St. E. Make a hand-made item that is typical of an earlier time.

Moms and Baby Yoga

Mondays, 9:15 a.m. to 10:30 a.m., at YogaLife, 2-18 Third Ave. S. Classes taught by Nine Zandi. For mothers with babies as young as six weeks. Tone and strengthen your body, learn relaxation and meditation tools and explore breath-work. Classes are six weeks. Register at freewheelholyayoga@gmail.com.



Pastoral Yoga

Mondays, 12 p.m. to 1 p.m., at Pregnancy and Parenting Health Centre, 206 1/2 Third Ave. S. Beginner to intermediate yoga designed to help with postpartum recovery. Baby friendly class with a certified yoga teacher. Suitable for four weeks to two years postpartum. Register at magnesia.ca/baby/pregnancy. No class or stat holidays.

Canadian Light Source (GLS)

Monday, 10:30 a.m.-1 p.m., at the Canadian Light Source, 44 University Blvd. The synchrotron research facility is open for the public. Registration is required. Call 306-967-3844, email public.outreach@glsrcanada.ca or visit lightsource.ca/outreach/edu/.

Plaster Yoga

Monday, 8 a.m. to 7 p.m., at Pregnancy and Parenting Health Centre, 206 1/2 Third Ave. S. Taught by a doula and certified yoga teacher. Informative and safe for any stage in pregnancy. Call 306-231-0343 or email register@yoga4moms.ca. No

class on stat holidays.

2015 Music Camp

Ags. 10-14 at the Bear Creek Arts. Hosted at northern Lights Bluegrass and Old Time Music Society. The camp will be taught by musicians and is open to all levels of musical experience. Register at bluegrass-northernlightsbluegrass.ca/youthcamp.html.

Preacher Story Time

Monday, 10:30 a.m. to 11 a.m., at McNaull Hallway, 3330 Eighth St. For children ages three to five on the Circle of Tales. Call 306-955-1477.

Pottery Camp

Until Aug. 14, Monday to Friday, 10 a.m. to 4 p.m., at West Point Pottery, 5-310 Eighth St. E. For ages eight and up. Pottery projects, new techniques and shapes. Pack a lunch. Register at 306-372-3210, westpointpottery.com.

Art Camp

Until Aug. 21, Monday to Friday, 10 a.m. to 4 p.m., at West Point Pottery, 5-310 Eighth St. E. For ages eight

What you need to know to plan your week.
Send events to bridge@thestarphoenix.com



Y.A.S. Ice Skating Camp

Until Aug. 28, 8:30 a.m.-3 p.m., for various classes and age levels. For ages eight to 15, a highly-organized and structured program designed to prepare players to play as junior and senior secondary school basketball teams. Additional free camps for ages 11-15 are available to anyone signed up for regular camp. They also offer a chance to earn extra cash toward the camp by helping men with their kiosks in shopping malls. Information at ya.ca.

Robotics Day Camp

Until Aug. 28 at the University of Saskatchewan-Campers ages eight to 17. With daily field trips and science study. Register at 306-960-3335. Visit usask.ca/camps.

Hockey Sport Games

Until Aug. 30 at the University of Saskatchewan Inspired by Tim Horton's famous saying, for ages five to 17. Hockey, soccer, basketball, football, volleyball and wrestling. Visit usask.ca/sportsgames.php.

Sci-Fi Science Games

Through August, 9 a.m.-4 p.m., at the University of Saskatchewan-Camps for grades one to nine in science, technology, computer science, medical science and veterinary medicine. New projects each year. Visit usask.ca/scifigames.

Playgroup

Monthly and seasonal events. Hosted by Prairie Hearts Learning Community, a group of families inspired by Waldorf philosophy. Programming is aimed at children ages two to five, but all ages welcome. Information on their Facebook page.

Engineering for Kids

Children ages four to 14 can learn about technology and how engineers help it develop. Classes, camps, parties and clubs with hands-on STEM enrichment activities. Get information and register at engineeringforkids.net/saskatoon or 306-978-4130.

Continued on Page 16

EVENTS

BLOCKS & BRICKS® Saskatoon

Regular after-school programs, preschool classes and camps for kids of all ages at various locations in Saskatoon. An atmosphere for students to build unique creations, play games, and have fun using LEGO® bricks. Visit blocks-and-bricks.com or call 306-975-2749.

Saskatoon Public Library Programs

Ongoing daily programs for children and families. Find the calendar at saskpubliclibrary.ca/calendar/.

N SPECIAL EVENTS

Saskatoon Farmers' Market

Open year round. Wednesday and Sunday, 10 a.m. to 3 p.m., and Saturday, 8 a.m. to 2 p.m., farmers are invited to sell their products. 10 a.m. to 3 p.m. on Saturday, and Sunday during market hours, food service and specialty shops are open. Information at saskatoonfarmersmarket.com. Contact 306-264-6282, sfm@sasktel.net.

Magway Carpet Bowling

Wednesday, 11:30 p.m., at Magway United Church. Beginners and experienced players are welcome. For information, call 306-931-2151.

International Seniors Activity Club

Saturday until Aug. 22, 2 p.m. to 4 p.m., at Meadowgreen House for All Nations, 601 Ave. W. Art, board games and cards for seniors and their families. This is a drop-in club.

Scottish Country Dancing

Aug. 5, 7:30 p.m., to dusk, at Hwy. 1 Landings' Amphitheatre. Hosted by the Saskatoon Scottish Country Dance. Informal and dancing everyone is welcome. \$10. For more, visit www.scdsask.org. scdsask@scdsask.org; 306-544-2348.

Bergin Beauxarts Store

Thursdays, 11:30 a.m. to 3 p.m., at St. Paul's United Church, 456 Egbert Ave. Clothing for babies, children, men and women, and jewelry.

Carpet Bowl

Thursday, 10:30 a.m., at Nutara Legion Hall, 3021 Louise Ave. Hosted by the Nutara Senior Citizens Association. Lunch and coffee are available for a fee.

Glockens Recital

Aug. 6, 6 p.m., at Quince Theatre at the U of S. Presented by Prairie Music Residency.

SIFD Dances

Thursdays through August, 7 p.m., in Keweenaw Park. Saskatoon International Folkdance Club. Learn dances from many countries around the world. Everyone is welcome. Admission is free. sifd.ca

Borden Farmers' Market

Fridays until Oct. 9, 9 a.m. to 5 p.m., at Borden Fire Hall. Information at 306-981-2155.

Westside Community Centre's Clothing Depot

Saturdays, 10 a.m. to 3 p.m., at auto night or free clothing fair all ages, free baked goods from a local bakery. They take donations of clothing, footwear, accessories and toys. Information at 306-232-8737.

Brush and Shine

Aug. 8, 11 a.m. to 2 p.m., at the Park Town Hotel parking lot, 623 20th St. E. The third annual Saskatoon Antique Auto Club show and shine. Presented by Perfekte Menners and the Park Town Hotel. Vintage cars,虫 ameantiques and a barbecue.

Passport Tess

Aug. 8, 1 p.m. to 4 p.m., around Saskatoon. Presented by the Saskatchewan Tourism Board. A half-guided tour of eight neighbourhoods featuring Tessellations. Tessellations are both Taylor's men and Gender locations. Information at 306-261-9325; sasktourismassociates.ca.

Panika Rose #28

Aug. 8, 6 p.m., at Auto Clearing Motor Speedway,陕谷 Legends Showplace. Divisions competing are stock legends, 750s, bandoleros and street. Tickets at the gate.



The Saskatoon 6ixers return to Pheasantland Park. sask6ix.com

Dress Rehearsal Showcase Concert

Aug. 8, 7 p.m., at Quince Theatre at the U of S. Presented by Prairie Music Residency, featuring Mark Wilkinson on cornet, Les Nash on tuba and Simone Rebello on percussion.

Perspiration Showcases a Concert

Aug. 8, 9 p.m., at Quince Theatre at the U of S. Presented by Prairie Music Residency, featuring course director Savanna Bettella.

Hest Secret Garden Tour

Aug. 9, 10 a.m. to 5 p.m., through Saskatoon's west end. A self-guided tour of eight neighbourhoods featuring Hest. Passports available in exchange for a donation. Dutch cookies and Arachne's Projects support the work of West Saskatoon's volunteers who help settle refugee women and their families in the city.

Saskatoon 6ix

Aug. 9, 6 p.m., at Pheasantland Park. Midway riots, live music and entertainment. Featuring Mumford, Tressel, Magie, Henn, Daan Brody, Burton Cummings and

What you need to know to plan your week.
Send events to bridges@thestarphoenix.com

or registration at 306-250-4333, 306-653-4464, 306-230-4333, theatre@rocks.ca, ekm@rocks.ca.

THEATRE

Fringe Theatre Festival

Until Aug. 16 at Broadway Avenue. Presented by Petash Corp. Thruza, dance, street entertainment and buskers. With food trucks and craft vendors. Preview night, July 29, 6 p.m. at Broadway. Theatre features all 16 shows. Tickets and information at 306-654-3239, petashfringe.ca.

Chickens

Until Aug. 9 at Station Auto Centre in Saskatoon. A musical barnyard comedy. A married couple struggling to make ends meet decide to raise chickens and raise a flock of exotic chickens. Tickets at 306-323-5333, stationauto.ca.

Ring of Fire: The Music of Johnny Cash

Aug. 11-13 at Perspektive Theatre A Gaiola Theatre Production in tribute to Johnny Cash. Ring of Fire tells the story of finding love, success, faith and redemption. Tickets at 306-382-7177, perspektive.ca/theatre.org.

Shakespeare on the Saskatchawan

Until Aug. 23 at the Shakespeare on the Saskatchewan. A tragic tale of racism, love, jealousy, betrayal, revenge and retribution. Much Ado About Nothing is a comedy about Benedick and Beatrice, whose feelings for each other are obvious to everyone but them. With free entertainment on the Pobals Corp. Courtyard Stage, including a variety of acts, including some plays, poetry and readings To the River by the Saskatchewan Writers' Guild. Call 306-936-7860, shakespeareonthesaskatchewan.ca.

English for Employment Class

Hosted by the Saskatoon Open Door Society. Improve English pronunciation and communication, and learn what you need to find work in Saskatoon. Information at 306-242-2200.

Want to bring a class, community centre, school or business? Things will be printed upon special request. Information on how to register is available online or by calling 306-242-2200.

WINE WORLD

SUMMER WINE

New rosé on the store shelf a must-try

There are few better wines for summer than rosé dry rose. They are tremendously soothing and encourage contemplation when drinking a glass. They can be drunk with any food, from steak fresh off the barbecue, to shrimp salad fresh off the barbecue, to salads to just watching the sun go down.

You will note I said "dry." Although rosé, like white wine, can be charming, once you're in, until that slightly sour, bitter flavor of dry wine is more useful, particularly when eating salad dishes that include some protein and a lot of spice.

The French (specifically Burgundy) have known this forever and their great rosés are pretty much dry now, but their rosé wine drinking looks a fair game. Drifting over the mountains has resolved the question of what makes the best rosé. The case is settled on grenache until someone proves me wrong.

There's a new one on the RLG's shelf here, Domaine Montrose, it is really experimental because it cabernet-sauvignon varietal grapes for the chassis. I have no idea if this is because it is related to the famous Barbaresco Chianti, but regardless the wine is a masterpiece. It comes in elegant bottle that shows off the very fine salmon hue.

The bouquet is slightly fruity with some berries and spice behind it. "These vinegars are fond of saying that taste of...garbage," the



barbaresco vineyard scrub growing wild in the region. As low as on speed our free time showing off the scrubby this is not a terribly helpful descriptor. Visiting the Rhône helps to understand the term. Alternatively you can just have a glass of Montrose, relax and enjoy yourself.

Domaine Montrose, \$17.99

Reads in Monday's paper and here: www.starPhoenix.com later this week next week. Or on Twitter @dbriceno.

Crossword/Sudoku answers

THAW	NARY	THICK
NILLE	I SEE A ISLE	
UGLI	SHEA IDLER	
THIGH	SOTRELIEF	
HBAR	LEN	
ANC	ONECARD	BET
SICEM	HOD	AMLO
THUMBR	EOLYMPICS	
RIPS	SJI	IONIC
ALIS	HUGHATS	EDA
RED	SETS	
INFLME	SOKRAY	TOWN
TRACK	ILSA	SNAG
SOSAD	FOLC	ARIA
PUPPY	ENT	MILL

2	1	4	8	9	7	5	6	3
5	6	3	1	2	4	8	9	7
7	9	8	6	3	5	4	2	1
4	2	7	5	6	8	3	1	9
9	5	6	3	4	1	7	8	2
3	8	1	2	7	9	6	5	4
8	7	2	4	1	6	9	3	5
1	4	5	9	8	3	2	7	6
6	3	9	7	5	2	1	4	8

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GARDENING

GARDENING IN SASKATCHEWAN

Strawberries worth the effort

By Sara Williams

Strawberries fresh from the garden are hard to beat. Yet sometimes due to an insect pest can make the harvest less than satisfactory. Here you can read about how strawberries can go a long way toward avoiding these problems.

Begin by planting hardy disease-free stock, and where possible use disease-resistant cultivars. Grow them in full sun with good air circulation and soil drainage. Control weeds to eliminate insect pest overwintering sites and to increase air circulation.

Avoid using harsh chemicals. Fertilize with composted deer foliage as well as native fruit that is manure available to disease entry. Irrigate early in the day to give the fruit and foliage a chance to dry quickly. Use an organic mulch such as straw to keep fruit from touching the soil and to prevent soil bacteria and fungal spores from splashing on leaves and developing fruit. Do not work in the strawberry patch or pick fruit when it is wet. Harvest early in the day as soon as the berries are ripe, and avoid bruising the fruit!

Grey mould (*Botryotinia cinerea*) is characterized by a powdery like growth on the flowers and fruit. This soon changes to a soft, light brown fruit rot. During periods of cool, wet weather, or with two more overhead irrigation, grey mould often appears on fruit and can cause substantial fruit loss. The fungus spores overwinter in plant debris and return to the patch yearly to re-infect the following spring. Therefore once picking is complete, remove all plant debris or rotten fruit from the ground or mulch.

The strawberry slugs or straw berry leaf weevils (*Artabanus agassizii*) is a native North American insect. Small (3 mm) and dark, the weevils, the slugs have a narrow curved snout about half the length of its body. Adult weevils overwinter

in nearby bush and along flower beds emerging as strawberry begin to flower. The overwintering females deposit a single egg in the flower or bud and then cut the flower stem so it falls to the ground or hang by a slender thread. These flowers usually bear fruit within a week. They feed, then pupate inside the bed, emerging as adults in mid-June. The new adults feed on pollen the remainder of the growing season. Early blooming strawberry cultivars appear to suffer greater damage and damage is worse in plantings older than three years.

Control by earthing mulches to reduce the habitat of the strawberry weevils. Cultivate between the rows and around the patch after harvest to destroy the pupae. Plant later blooming cultivars. Consider using row covers to prevent entry of the slugs.

The tarnished plant bug (*Lagriocassis ciliolata*) is a widespread strawberry pest. Adult tarnished plant bugs are flat and oval in shape (6 mm, 1.54 in.) in diameter and a mottled brown or black. They overwinter in plant debris, laying their eggs the following spring. Post hatching, the small green nymphs (flea-like shaped), release wing aphids, feed on the blossoms and developing fruit, which then develop into "umbons," slightly flattened deformed fruit which, with a bit of imagination, resemble the packed-in flesh of a cut tomato. Damage is worse on dense reddit extremes including maturing strawberries.

These pests are difficult to control in row crops within the patch area and harder to want to grow grass. A low cover crop can exclude the pest from your strawberry row. Insecticidal soap is also effective. Largely untested but doing these jobs are natural predators such as large-eyed bugs, minute pirate bugs and several species of spiders that feed on the nymphs.

Sara Williams is the author of the newly expanded and revised *Great*



Grey mould on strawberries. PHOTO BY SARAH WILLIAMS



Strawberry leaf weevil (L. A. Schmelzberg - Cope). UNIVERSITY OF SASKATCHEWAN PLANT PATHOLOGY ARCHIVE PHOTO



Adult tarnished plant bug. PHOTO PI KREISCHER

Strawberry in July 2015. Call Ruth (3-667-771-8111) for more information.

Announcements:
Gardener is open for the season to advise your garden problems. 306-945-3965, gardening.saskacces.ca

This column is provided courtesy of the Saskatchewan Peres-

onal Society (www.saskperennials.ca). Check out our Bulletin Board or Call Coleen for upcoming gardens, herbaceous, winterizing and trash. *LabourLifers* (August 6 & 8), *NIGHT Garden Tour* (August 9, www.saskgarden.org)